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MAKES THE NEATEST KIND OF HOUSEKEEPER'S UNIFORM

—Everybody has a "hankering" to get into some kind of uniform, and why not the housekeeper as well as others? It may not be a uniform in the strict sense of the word, but in the matter of utility, neatness and "justrightness" these house dresses meet the requirements.

—Ginghams in different qualities, according to the price of the dress, in striped, checked, plaid and plain colored gingham, some are embroidered trimmed, others trimmed in gingham of contrasting colors—for instance, plaids and checks trimmed with plain colors, etc.

—Smart, simple, yet dainty and becoming styles. Some "Billie Burke" models, others regulation house dress styles. All sizes.

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We Sell Liberty Bonds on Installments.

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Lend Uncle Sam Your Money To-Day
 You may not be here to-morrow

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He also fights who helps a fighter fight.
THE MORE BONDS YOU BUY
THE FEWER BOYS NEED DIE

Buy Liberty Bonds of the Fourth Liberty Loan.

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Corner King and St. Asaph Streets

Alexandria National Bank

The Kaiser is Groggy—Give Him a Solar Plexus

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Bank open 9 a. m. and
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Beautiful Residence
FOR SALE
Braddock Heights

Concrete Block, 10 rooms, bath and pantry, and large porches. Concrete cellar, Hot Water Heat, modern acetylene gas plant, Electric Light, fine water, pumped by automatic electric pump, and distributed through house by compressed air system. Splendid sewerage, garage, spacious grounds, small orchard, and commanding view.

Possession in 30 Days
Price \$10,500.00

Graham and Ogden

539 KING STREET.

ALEXANDRIA, VA.

HOW TO DOCTOR "FLU" AT HOME

State Health Board Tells What to do

When Physician's Aid Cannot

Be Had.

Richmond, Va., Oct. 15.—The State Board of Health urgently recommends that gauze masks be used by all persons caring for or compelled to visit those sick with influenza. Unnecessary visiting should be avoided.

All persons are called upon to help in the present emergency not only by assisting in the care of the sick but also by spreading information as to the common-sense preventive measures. Avoidance of common drinking cups and care not to put in the mouth objects soiled with the secretions from the mouths of other persons will decrease the spread of the disease. The poison of influenza is conveyed chiefly by the spray thrown out in front of the face when one coughs or sneezes. Therefore, cover the mouth and nose when you cough or sneeze.

Spanish influenza is characterized by a sudden onset usually in from twelve to forty-eight hours after exposure; by a chill or chilly sensation; a slight sore throat, stiffness about the head; loss of appetite; occasional nausea; rise of temperature and marked weakness.

Since there is much poisoning in this disease, it is a matter of primary importance that the strength be saved by promptly going to bed and remaining there long enough for the heart and other vital organs to recover from the effect of this poisoning. This means from two to six days according to the severity of the case.

As it is impossible for physicians to see all of the cases, it is most important that people understand something of the nature of this disease and of the proper care of its victims. In many instances patients are getting along well by simply remaining in bed, taking a laxative, drinking an abundance of water and keeping quiet. There is no known drug cure for influenza and great danger attends the promiscuous use of depressing drugs.

Surgeon General Blue of the United States Public Health Service says:

"The present generation has been spoiled by having expert medical and nursing care readily available. While I cheerfully recognize all the good that has been done by our splendidly trained graduate nurses, I believe that the public has come to rely too much upon their services and has not interested itself sufficiently in studying the home care of the sick. Every person who feels sick and appears to be developing an attack of influenza should be put to bed at once in a well ventilated room. If the patient has fever a physician should be called and this should be done in any case if the patient appears very sick, coughs up a pinkish sputum, or breathes rapidly or painfully."

NO BETTER IN LYNCHBURG.

City Has Had Nearly 100 Deaths From "Flu."

Lynchburg, Va., Oct. 15.—The number of deaths here from influenza and pneumonia total nearly 100 and there is no diminution of the fatalities, which have averaged more than 10 a day for more than a week. All three of the local hospitals are crowded and hundreds of patients cannot be admitted.

Mayor Jester has issued a proclamation forbidding people from stopping on the streets to talk, and the police have positive orders to break up loitering on the streets. Physicians are given the right of way in the streets over every form of traffic, and the police department has been instructed to permit physicians to exceed the speed limit without regard for the city ordinances.

Six or eight physicians are sick. The health department is making strenuous efforts to secure vaccine from the Public Health Service at Washington.

WILSON AND LIBERTY LOAN

Must Be Successful; Don't Relax Because of German Note, says

Executive.

The White House,

Oct. 14, 1918.

The reply of the German government to my note of inquiry dated October 6 gives occasion for me to say to my fellow countrymen that neither that reply nor any other recent events have in any way diminished the vital importance of the liberty loan. Relaxation now, hesitation now, would mean defeat when victory seems to be in sight; would mean years of war instead of peace upon our own terms.

I earnestly request every patriotic American to leave to the governments of the United States and of the allies the momentous discussions initiated by Germany and to remember that for each man his duty is to strengthen the hands of these governments and to do it in the most important way now immediately presented—by subscribing to the utmost of his ability for bonds of the fourth liberty loan. That loan must be successful. I am sure that the American people will not fail to see their duty and make it successful.

WOODROW WILSON.

PERFECTION OIL HEATERS

Look for the Triangle Trade Mark

Emergency Heating

In freezing weather the portable Perfection Oil Heater radiates comfort and cheer—brings relief to scantily heated offices.

Inexpensive to buy and use—easy to clean and fill—smokeless, odorless.

Aladdin Security Oil gives best results.

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Wash the Woolen Socks
 You Knit with Grandma

GRANDMA'S Powdered Soap

Your Grocer Has It!

OUT GOES the dirt. Those great, big, bubbling, cleansing GRANDMA SUDS just surge through the clothes and not a bit of dirt can stay. Just sprinkle GRANDMA in the tub and then, like white magic, millions of glorious suds in an instant. It makes no difference if the water is hard, soft, hot or cold, the result is always the same. GRANDMA is the greatest "all round" household soap of the age—it's powdered. No chipping or slicing. No whole bar wasting away.

DO YOU KNOW THAT

It will require 10,000 cities with the same allotment as Alexandria to make up the fourth Liberty Loan.

Everybody should take part.

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 of the Fourth Loan

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 W. A. SMOOT & CO., Inc

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 Buy more **Liberty Bonds**

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The First National Bank
 OF ALEXANDRIA VIRGINIA

WE ARE NOW PREPARED TO DELIVER ALL

Liberty Bonds

PURCHASED THROUGH THIS BANK

and

Paid for in full

FOR SALE, 619 South Lee St., \$9,000
 FINE OLD COLONIAL HOME MODERNIZED THROUGHOUT

Electric lights vapor heat with full supply of coal, gas and coal range, laundry tubs, etc., fifteen rooms and bath, concrete cellar, architecturally and in construction this house is one of the best in the city. The lot contains over twenty thousand square feet and extends through to Fairfax Street. Besides the house there are chicken and pigeon houses, tenant house. The grounds include a lawn, vegetable, flower and fruit garden; besides small fruit there are 90 young fruit trees.

M. L. HORNER

612 KING STREET

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